

# Active Islander

**Remember:**

1. Be sure to complete the challenges for each week for the best results.
2. Movement is a gift. Move in the ways that makes you excited to move.
3. When you have completed all 4 weeks, you can receive your first badge.
4. Remain consistent with the challenges.

	Physical Activity	Healthy Eating	Outdoor Movement	Social
<b>Badge 2</b>	150 min/week for 5 weeks.	Swap 1 sugary drink for water each day for a week.	Complete at least 30 min of PA outside each week.	Share your experience so far with a friend or family member and encourage them to add a little more physical activity to their day.

## Check-tracking



Week 1



Week 2



Week 3



Week 4



Week 5

**You may print this sheet for better tracking.**